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AN AFTERNOON AT HOME.

Reducing the Size of the Waist

Athletics which reduce the size of the wast and secondarily affect the digestive organe are of the ulmost importance, 46 least as for as the latter are concerned. Pive inovements, which should be practiced at least inrice weekly, are as fol-

But most of the men in the paramand many of the married women took
in the cudards in defense of Mr.
Wright.

Elbert Wesdraff, the younged vestryman, who had for some time chafel
inder the imperious methods of old
Throundiwheal, had the comment to
sustain the rectue boddy, and placing
inment at the bead of the chergyman's
adherents.

In the midst of the commotion Mr.
Wright sought the presence of the
bishop of the diocess, and to him pourof forth his troubies with distingenious
documes. Hishou for littered attentively. He was both a shrewt and a
kind-hearted man, and he know that
the rector told the cruth.

"My denr boy," he said, "I understand it all. The experience is new to
you but not new to our profession.
Shakespears understood it when he
said, Holl hath no tary like a warmin
scerned. If one woman's rage could
call forth so strong a comment from
the master reader, of burnen mirre,
what would be have said had be contemplated the fate of a young clergymen who sets into trouble with many
atoms."



A woman understands women as a man never can hope to. For this reason Mrs. Lydia E. Pinkham, of Lyan, Mass., now known all over the English-speaking world, set to work to help her sex.

After long and patient investigation, Mrs. Pinkham confirmed her own conclusions, namely: that seven-

SOME CHARMING INDOOR COSTUMES

Whiter House Tellors, Designed For the New Sexions—
Similar of the Service And oracina are of the whome imperiumes, of legst, as fine as the latter are openered, the day a least three weekly, are as followed the control of the control

